

# **Journeys through EXPAND**

**Providing Affordable Fitness, Leisure and Cultural Arts Programs for  
Adults with Mild Traumatic Brain Injury and other similar Neurological  
Conditions.**

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## **Fall Programs—Registration Starts Aug 2, 2016**

### **How to Register for classes.**

1. Phone in at 303-413-7270 (credit card & course code required) or
2. Walk in at any one of our three recreation centers or
3. Call Cory at 303-413-7269 if you have any problems with registering.

***Please note. If you cannot pay the full price for class, you can apply for financial aid. Please call Cory at 303-413-7269 to inquire.***

### **Watercolor—Monday**

The beauty of working with watercolors lies in its spontaneous process and its transparent quality. Students will learn color in progression from light to dark and color blending, allowing the colors to spread, mix or blend. Instructions will focus on individual expressions and ability. Instructor: Barbara Cox-Bixby.

**Sept 12—Oct 24 (7 classes)**

**Course Code: 245285**

**Nov 7—Dec 19 (7 classes)**

**Course Code: 245286**

**Fee: \$55R/ \$69NR for each 7 week session**

**Time: 1:30-3:30 p.m.**

**Location: North Boulder Recreation Center—Multi-Purpose Room**

### **NIA—Tues—NEW**

Nia combines movements and concepts of yoga, martial arts, jazz and modern dance. Offers total body conditioning and helps support neural pathway development. Can be adapted and can be personalized for any level of fitness and agility. Instructor: Wendy Rochman.

**Sept 13—Nov 8 (9 classes)**

**Course Code: 245287**

**Fee: \$55R/\$69NR**

**Time: 1:30 to 2:30 p.m.**

**Location: North Boulder Recreation Center—Multi Purpose Room.**

### **Gardening—Weds—NEW**

Do you think it's too late to start your garden? Think again! We will spend our time together prepping and planting our fall gardens utilizing tools to save time and money. We will also learn to prepare and preserve the abundant produce currently overflowing in the garden.

**Aug 31—Oct 5 (6 classes)**

**Course Code: 245288**

**Fee: \$55R/\$69NR**

**Time: 1:30-3 p.m.**

**Location: Hawthorn Community Gardens—1630 Hawthorn Ave. Meet in the Horticultural Therapy Garden just south of the green house. In case of inclement weather, we will meet in the greenhouse.**

### **Nutrition Class—Weds—NEW**

Different topics will be covered each week. Topics will entail, healthy eating and how to handle the holidays, hydration, fueling for activity, weight loss/gain/maintenance and anti-inflammatory diets. Instructor: Terry McArthur.

**Nov 10—Dec 15 (5 classes)**

**No class Nov 24**

**Course Code: 245290**

**Fee: \$50R/\$63NR**

**Time: 2-3 p.m.**

**Location: North Boulder Recreation Center—Multi-purpose room.**

### **Painting & Collage —Thurs**

Beginner class. Let's discover the thrill of creating a composition and completing it with color, texture and contrast by using other mixed media. Instructor: Alex Meeker.

**Sept 8—Nov 9 (9 classes)**

**Course Code: 245289**

**Fee: \$70R/\$88NR**

**Time: 1:30-3:30 pm**

**Location: North Boulder Recreation Center—Multi Purpose Room**

### **Pottery— Friday**

Students will learn basic glazing and be introduced to the firing process. Hand building techniques will also be taught. Instructor: Aaron Winston.

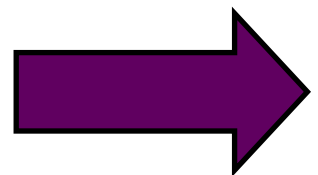
**Sept 23—Nov 18 (9 classes)**

**Course Code: 245291**

**Fee: \$100R/\$125NR**

**Time: 1:30-4 p.m.**

**Location: 1010 Aurora, Boulder**



# JOURNEYS THROUGH EXPAND

Fall Programs — Registration Starts August 2, 2016

## Tuesdays with Morrie— Longmont Theatre—Sunday

Based on a true story and best-selling novel. A story about an old man and young man who every Tuesday get together and share life's greatest lessons.

### Nov 20

Course Code: 245293

Fee: R\$20/NR \$25

Time: 1-5 p.m.

Location: Meet at the East Boulder Community Center.

## Star Wars and the Power of Costume—Denver Museum of Art—Friday

This exhibit features costumes from all seven films of the Star Wars series. It takes you behind the scenes which brings some of our favorite characters to life. **Must register no later than Nov 18 in order to attend.**

### December 2

Course Code: 245294

Fee: R\$25/NR \$31

Time: 1-5 p.m.

Location: Meet at the East Boulder Community Center.

## How to Ask Empowered Questions—Workshop—Thursday—FREE

What are they, how to ask them and how can they move your life in the direction that you would consciously like for it to go. Lenora Cooper who has experienced a couple of brain injuries herself will lead this discussion and how it has changed her life. Bring a pen and a notebook or journal.

### September 1

Course Code: 245292

Fee: FREE but must register to attend

Time: 2-3:30 p.m.

Location: North Boulder Rec Center Multipurpose room.

**The City of Boulder Parks and Recreation Department's Financial Aid Program provides assistance to those of low income. Forms can be found at: <https://bouldercolorado.gov/parks-rec/reduced-rate>. Forms can also be picked up at any recreation center. Need assistance, call Cory Lasher at 303-413-7269.**

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**Please Note!** All classes are on a first come, first serve basis and have size limits. Therefore, it is important to register early. If we do not get enough individuals to register for a class we will cancel the class and provide you a full refund. *We understand that not everyone can pay the full amount of a class. If this is your case, please call Cory at 303-413-7269 and ask how you can get an additional reduced rate. The most important thing to us is your participation. We will make sure it is affordable for you!*



The staff will call you prior to each class you register for to remind you of what to bring and what to expect.

It is highly recommended to attend all classes in order to either complete a project or to get the maximum benefit from the class. We hope to see you soon!